

Mississippi Psychological Association 72nd Annual Convention
September 29 – October 1, 2021
VIRTUAL

Day 1: Wednesday, September 29, 2021

- 9:00 am – 11:30 am:** Practice Doesn't Make You Perfect, but Deliberate Practice Can Help You become Elite: The Role of Deliberate Practice in Fine-tuning Clinical Skills, Danielle Maack, Ph.D. (2.5 CEs)
- 12:30 pm – 2:00 pm:** Understanding the Impact of the COVID-19 Pandemic on mental health and medical outcomes in Mississippi., Dustin Sarver, Ph.D.
- 2:30 pm – 3:30 pm:** Emotion Focused Family Therapy: Engaging Caregivers in Treatment to Facilitate Healing, Elissa Woodruff, PhD (1.0 CEs)

Day 2: Thursday, September 30, 2021

- 8:15 am – 9:30 am:** Achieving Health Equity: Psychology's Role, APA President, Jennifer Kelly, Ph.D., ABPP (1.0 CEs)
- 9:45 am – 10:45 am:** Building Wellness and Resiliency into Your Career: It's Time to Heal the Healer, Molly Clark, Ph.D., ABPP (1.0 CEs)
- 11:00 am – 12:00 pm:** Grappling with Graduate Student Mental Health: Current climate, unique challenges, and considerations for positive change in training programs.
- 12:15 pm – 1:30 pm:** Bringing Psychologists to the Fight Against Deep Poverty, Rosie Phillips Davis (1.0 CEs)
- 1:40 pm – 2:35 pm:** Poster session
- 2:45 pm – 3:45 pm:** Diversity Panel Discussion, Dr. Jennifer Kelly, Dr. Rosie Phillips Davis, Dr. Bryman Williams

Day 3: Friday, October 1, 2021

- 8:30 am – 10:30 am:** Legal & Regulatory Updates, MS Board of Psychology (2.0 Legal /Ethics CEs)
- 10:45 am – 12:00 pm:** Data Blitz
- 12:15 pm – 1:45 pm:** Understanding Suicide: Contemporary Suicide Practice through an Evidence-Based, Psychodynamic Framework, Michael Prazak, Ph.D. (1.5 CEs)
- 1:45 pm – 2:00 pm:** Wrap-up and announcements

Continuing Education

MPA is approved by the MS Board of Psychology to sponsor Continuing Education for this virtual convention for Psychologists. MPA maintains responsibility for this program and its contents.

*****Schedule is subject to change. Any changes will be updated on the MPA website, www.mpassoc.org*****

Wednesday, September 29, 2021
9:00 AM – 11:30 AM
(2.5 CE hours)

**Practice Doesn't Make You Perfect, but Deliberate Practice Can Help You become Elite:
The Role of Deliberate Practice in Fine-tuning Clinical Skills**

Expertise development and deliberate practice are concepts well studied in the organizational and sports literature; however, these strategies are not often applied or disseminated in the clinical context. Deliberate practice, a highly structured rehearsal of a skill or technique in a formalized way that is intended to enhance a specific performance aspect, is particularly suited for expertise development in the clinical domains. The purpose of this workshop is to introduce the concept of deliberate practice, provide rationale/theory for individual construction of these exercises, and allow participants time to practice techniques for eventual incorporation into clinical training and practice.

The overarching goal of this workshop is to provide an overview of the rationale and techniques of deliberate practice and how these can be adapted for use in clinical training and expertise development. This presentation will provide conceptual understanding of what deliberate practice entails, teach participants the components of developing deliberate practice exercises, demonstrate common clinical exercises that can be used for deliberate practice (e.g., agenda setting, interrupting the patient, self-correction etc.) and allow for participant practice/discussion of such techniques to be used in clinical settings.

Learning Objectives:

1. To be able to summarize the rationale for engaging in deliberate practice across clinical/instructional settings
2. To be able to describe different deliberate practice exercise specific to situational need
3. To be able to practice and discuss use of deliberate practice techniques

Presenters: Danielle Maack, PhD; McCall Schruff, BA; John Young, PhD

Dr. Danielle Maack: Deliberate practice is a technique used both in clinical practice (for self-improvements and with colleagues) as well as in clinical supervision and training. Dr. Maack has co-authored a peer reviewed article in this area and assisted with the development of an online CE for deliberate practice that is APA approved.

McCall Schruff: McCall is post- baccalaureate Psychological Assistant at Delta Autumn Consulting. She has been involved in Dr. Young's lab research related to deliberate practice and in her current position at Delta Autumn engages in deliberate practice activities with the clinical group. McCall will be assisting in this presentation helping to demonstrate practice skills, being involved in the example roleplays, and providing feedback during practice sessions.

Dr. John Young: Dr. Young studies deliberate practice and conducts research in this area with his university lab. He also uses deliberate practice techniques in clinical practice and training, was the co-author of the peer reviewed article in this area, and the primary developer of the online CE program for deliberate practice that is APA approved.

Wednesday, September 29, 2021
12:30 PM – 2:00 PM

Understanding the Impact of the COVID-19 pandemic on mental health and medical outcomes in Mississippi.

The purpose of this symposium is to highlight the impact of COVID-19 on psychological and medical health related outcomes for children, parents, and families in Mississippi, including in vulnerable medical populations. Three presentations and speakers using a didactic format will present data regarding how COVID impacted the presentation of new cancer patients to specialty care (Cox et al.), depression levels among caregivers of youth delivered in a Level-4 Neonatal Intensive Care Unit (Walker et al.), and the mental health and psychosocial functioning of children and families among the general Mississippi population and according to rural/urban settings (Lim et al.). Following presentation, a discussant/moderator (Sarver) will synthesize the findings and provide specific recommendations for continued research, clinical, and public health responses in addressing the psychological and physical health of children in Mississippi.

Presentation #1: Psychosocial Impact of COVID-19 on families in Mississippi

The COVID-19 pandemic impacted the healthcare system in unprecedented ways. The purpose of this presentation is to describe the impact of COVID-19 on the presentation of new cancer patients to the Children's of Mississippi Center for Cancer and Blood Disorders and Emergency Department during the first four months of COVID-19. We will discuss the importance of seeking health care and keeping scheduled appointments for routine health maintenance as we know the long-term sequela of delaying health maintenance far outweighs risks at present.

Presenters: Jennifer A. Cox, MD; Cynthia Karlson, PhD; Benjamin C. Dillard, MD; Anderson B. Collier, MD

Presentation #2: Impact of COVID-19 pandemic on timing of childhood cancer diagnoses

The COVID-19 pandemic impacted children and families in numerous ways. The purpose of this presentation is to describe the psychosocial impact of COVID-19 on children and families throughout the state of Mississippi. Our team conducted a telephone survey of 600 caregivers throughout the state from August 2020 to April 2021. The survey assessed exposure to COVID-19 for household members and levels of worry regarding the child or caregiver contracting the virus. To assess the impact of the pandemic on the family, caregivers responded to questions about the COVID-19 pandemic's impact on family income, access to resources (i.e., food, toilet paper, cleaning supplies), and their family's mental health. Descriptive statistics (M, SD, percentages, etc.) will be conducted to describe demographics of caregivers. ANCOVA models adjusted for parent/child age and education will compare responses about the COVID-19 pandemic's impact on resources and mental health between caregivers from rural and urban areas of the state. Multivariate regression models including socioeconomic, race/ethnicity, parent/child physical and mental health status (and interactions with rural/urban residence) will determine predictors of the pandemic's impact and potential disparities. The findings will inform our understanding of the pandemic's impacts on family and child mental health and inform clinical psychology's public health and policy response to addressing disparities within rural, urban, and minority communities. This research has the potential to improve the ongoing pandemic response to address access needs by defining prevalence rates and predictors of mental problems for communities in Mississippi.

Presenters: Crystal S. Lim, PhD; Tre Gissandaner, MA; Dustin Sarver, PhD; Dustin Brown, PhD; Lacy Malloch, BS; Russell McCulloh, MD; Robert Annett, PhD

Presentation #3: Psychosocial Impact of COVID-19 on families in Mississippi

Caregivers of infants in NICUs are at-significant risk for perinatal mood and anxiety disorders (Lefkowitz, Baxt, and Evans, 2010). These symptoms can be exacerbated by the unique stressors of the NICU environment, including not being able to hold or care for their infant. COVID-19 presented significant challenges for caregivers of NICU infants, such as changes to visitor policies, which likely impacted depressive and anxiety symptoms in NICU caregivers. Thus, the proposed presentation aims to examine differences in caregiver depression and anxiety symptoms (as measured by the PHQ-9 and GAD-7) prior to and after the onset of the COVID-19 pandemic. Implications for identification and management of caregiver mood and anxiety disorders in this vulnerable population will be discussed.

Presenters: Courtney S. Walker, PhD; Randi Cheatham-Johnson, PhD; Dustin E. Sarver, PhD

Wednesday, September 29, 2021

2:30 PM – 3:30 PM

(1.0 CE hours)

Emotion Focused Family Therapy: Engaging Caregivers in Treatment to Facilitate Healing

Neurobiological research indicates that caregiver involvement in therapy is pivotal in producing long-lasting change and healing for individuals with mental health difficulties. In line with this research, Emotion-Focused Family Therapy (EFFT) aims to increase the role of caregivers in their loved one's recovery from emotional and behavioral struggles. EFFT works to empower caregivers to help their loved ones heal, regardless of age. The foundational philosophy of EFFT is that caregivers and their loved ones are neurobiologically "wired together," placing caregivers in a unique and beneficial position to effect change and become primary agents of healing. In EFFT, clinicians support parents and/or alternate caregivers to increase their involvement in the interruption of symptoms and increase in health-focused behaviors, help their loved one to process emotions, and repair and heal relational ruptures and wounds. In this presentation, Dr. Woodruff will discuss the major tenets of EFFT and give specific case examples of implementation and the delivery of interventions in an effort to teach clinicians how to use this approach with caregivers. Dr. Woodruff will use experiential techniques and didactic material to present EFFT to deepen understanding and learning for attendees. Finally, she will help clinicians learn how to integrate EFFT into existing treatment models and their current practice as well as how to deliver EFFT in different levels of care. Dr. Woodruff will provide attendees with handouts and other materials that are used in EFFT along with PowerPoint slides that outline the approach.

Learning Objectives:

1. Participants will demonstrate understanding of the neurobiological rationale for caregiver involvement in therapeutic treatment.
2. Participants will list 2 biopsychosocial variables that are targeted in EFFT to facilitate healing and change.
3. Participants will describe one intervention used in EFFT to facilitate emotion processing by a caregiver for a loved one.

Presenter: Elissa Woodruff, Ph.D.

Dr. Liz Woodruff is a licensed clinical psychologist with over 15 years of experience helping individuals and families in their pursuit of healing and change. She specializes in the treatment of anxiety and depression, relationship difficulties, body image and eating disorders. She also has extensive experience working with the LGBTQ+ community.

Dr. Woodruff earned her PhD from the University of North Texas and later trained at Stanford University. She has experience in a variety of settings including partial hospitalization and intensive outpatient programs for eating disorders, drug and alcohol treatment centers, university counseling centers, and community mental health clinics. Dr. Woodruff is certified in Family Based Therapy (FBT) and is completing advanced certification in Emotion Focused Family Therapy. Additionally, she provides parent coaching, both one-on-one to parents and in group seminars. She works with adults on a variety of concerns including relationship difficulties, anxiety, depression, and eating/body image disorders. Dr. Woodruff enjoys providing consultation to other mental health professionals and students in-training, and she provides educational talks on eating disorders. Dr. Woodruff is the past President of a Sonoma County based nonprofit organization called Eating Disorder Recovery Support, Inc. (EDRS) as well as past Membership Chair of the San Francisco Psychological Association and the Marin Psychological Association.

Thursday, September 30, 2021

8:15 am – 9:30 am

(1.0 CE Hour)

Achieving Health Equity: Psychology's Role

Learning Objectives:

1. Participants will be able to describe three examples of how current health care practices contribute to health inequalities.
2. Participants will be able to identify three examples of how environmental and social factors systematically contribute to health inequalities.
3. Participants will be able to articulate at least two ways in which psychological science and practice can help to address health inequalities.

Presenter: Jennifer Kelly, PhD, ABPP

Dr. Kelly currently serves as the President of the American Psychological Association. A Licensed Psychologist she is Board Certified in Clinical Health Psychology. She is the Director of the Atlanta Center for Behavioral Medicine in Atlanta, GA. Dr. Kelly has expertise in treating disorders that involve the relationship between physical and emotional conditions with a specialty in pain management. In 2018, Dr. Kelly served as Co-Chair of the newly formed Advocacy Coordinating Committee of the American Psychological Association Services, Inc. A past president of the Georgia Psychological Association, she has served as the Federal Advocacy Coordinator for 23 years. She is a recipient of APA's State Leadership Award, Karl F. Heiser Advocacy Award, Legislative Award by the Georgia Psychological Association, and the APA Practice Organization's Federal Advocacy Award.

Thursday, September 30, 2021

9:45 AM – 10:45 AM

(1.0 CE hours)

Building Wellness and Resiliency into Your Career: It's Time to Heal the Healer

The purpose of this symposium is to provide evidenced based support for wellness/resilience behaviors within health professions and how health professionals (psychologists) could integrate these behaviors into their practice. The goals of the symposium are listed below in the following section. While a portion of the symposium will be didactic in nature (presenting research findings on wellness and resilience), there will also be some small group activities to demonstrate how wellness activities could be integrated and practiced.

Learning Objectives:

1. To be able to identify wellness and impairment related behaviors and the barriers to seeking assistance
2. To be able to describe at least two benefits associated with wellness/resilience behaviors
3. To be able to identify and plan to implement at least one wellness and resilience activity that they may incorporate into their practice environments

Presenters: Molly Clark, PhD, ABPP

Molly Clark, PhD, is a Professor in the Department of Family Medicine at the University of Mississippi Medical Center. Within her position at UMMC, she is responsible for patient care, education of Medical Residents and Students, as well as Faculty Development. She has held an interest in Wellness/Resilience since her start at UMMC in 2005.

Thursday, September 30, 2021

11:00 AM – 12:00 PM

Grappling with Graduate Student Mental Health: Current climate, unique challenges, and considerations for positive change in training programs.

Thursday, September 30, 2021
12:15 PM- 1:30 PM
(1.0 CE Hour)

Bringing Psychologists to the Fight Against Poverty

This program will describe the 2019 American Psychological Association Presidential Initiative on Poverty with a focus on poverty in the state of Mississippi. This presentation will focus on how attitudes toward poverty have changed over the last 50 years and the initiative that is designed to impact those attitudes. Participants will be able to develop strategies for impacting their local communities.

Learning Objectives:

1. Describe poverty and deep poverty.
2. Describe the presidential initiative designed to impact attitudes toward poverty.
3. List at least two psychological consequences of living in poverty.
4. List at least two opportunities for psychologists to work impact those living in deep poverty.

Presenter: Rosie Phillips Davis PhD

Rosie Phillips Davis, Ph.D. ABPP, Professor of Counseling Psychology at the University of Memphis, earned her doctorate from The Ohio State University. 2019 President of the American Psychological Association, she served on the APA Finance Committee, APA Board of Directors, the American Psychological Foundation Board, and as past President of the Society of Counseling Psychology (17). She served on several editorial boards, including currently on the Journal of Career Assessment; has authored numerous articles and book chapters and co-edited two books. Her awards include the Janet E. Helms Award for Mentoring and Scholarship, Elder by the National Multicultural Conference and Summit (of which she is a Co-Founder), and Distinguished Professional Contributions to Institutional Practice for APA Award. She had two funds named in her honor at the University of Memphis; The Rosie Phillips Bingham Book Scholarship and the Dr. Rosie Phillips Bingham Emergency Student Fund. Davis currently serves on the Board of Trustees of LeMoyne-Owen College, a Historically Black College in Memphis, Tennessee. Davis is the daughter of Savannah and Jake Phillips, a former sanitation worker who participated in the 1968 Memphis sanitation strike. She is married to John Davis and is mother to Akil "Apollo" Davis who is an adjunct professor and entertainer living in New York City.

Thursday, September 30, 2021

1:40 AM – 2:35 PM

Poster Session

The Indirect Effect of Childhood Trauma on BMI Through Exercise Frequency, Andreana (Andi) Durham

Effects of Black Lives Matter on Student Career Decision-Making Self-Efficacy, Sophia Kieffer

Household Chaos and Its Connection to Anxiety and Depression in Children Raised by Grandparents, Bailey Tullos

Evaluating Depression, Social Anxiety, and Interpersonal Support among College Students, Tia Turner

Testing the Association between Emotion Regulation and the Contrast Avoidance Model, Whitney Shepherd

Analysis of the Psychometrics of the Work Hope Scale, Cory Shumate

Examining the Direct and Indirect Effects of Trait and Behavioral Predictors of Impulsivity on Alcohol-related Outcomes, Karen Kelley

Investigating Hope and Fundamentalism in a Religiously Diverse Sample, Mackenzie Chamblee

Examining Calling and Religious Fundamentalism's Influence on Vocational Outcomes, Jessica Schultz

Exploring the Associations Among Exercise and Mental Health of College Students with Regards to Treatment Preferences, Austin Bourne

Emotion Regulation Strategies Among Those with Gastrointestinal Symptoms: Findings from an Experimental Study, McCall Schruoff

Examining COVID-19 as a Barrier to Healthy Eating and Physical Activity in Pediatric Obesity, Camerone A. Dodd, MS

Investigating the Effects of Absurd Humor and Mortality Salience on Moral Identity, Belongingness, Belief in a Just World, and Meaning in Life, Joshua Semko

Thursday, September 30, 2021

2:45 PM – 3:45 PM

Diversity Panel Discussion

Panelists: Dr. Jennifer Kelly, Dr. Rosie Phillips Davis, Dr. Bryman Williams

Friday, October 1, 2021
8:30 AM – 10:30 AM
(2.0 Legal/Ethics CE hours)

Legal & Regulatory Updates, MS Board of Psychology

The purpose of the symposium will be to provide the members of MPA with updates to the Statutes regulating the practice of psychology, changes in rules and regulations, as well as providing information on reporting information required by the MS Board of Psychology. The goal of the symposium will be to provide the aforementioned education in an effort to inform psychologists about regulatory changes as well as to assist with reporting requirements. The presenters will utilize power point software to highlight the content as well as provide visual tutorials of the license management system and other resources.

Learning Objectives:

1. Psychologists will be able to describe changes to the MS Statutes pertaining to the practice of psychology.
2. Psychologists will be able to utilize highlighted resources to assist with reporting requirements specified by the MS Statutes pertaining to the practice of psychology
3. Psychologists will be able to discuss legal and/or ethical concerns related to the content presented.

Presenters: Mississippi Board of Psychology; Steve Ellis, PhD; Lisa Yazdani, PhD; Natalie Gaughf, PhD, ABPP; Monica Sutton, PhD; Molly Clark, PhD, ABPP; Lynwood Wheeler, PhD, ABPP

Each presenter has served on the MS Board of Psychology for more than 1 year in their present roles. They will be representing their respective areas of service on the MS Board of Psychology as an update to the members of the MS Psychological Association.

Friday, October 1, 2021
10:45 AM – 12:00 PM

Data Blitz

Associations of Social Connectedness, Meaning in Life, and Physical Health Outcomes Following the Jacksonville Landing Shooting, Mikaela Raley

Psychopathy from the Revised Reinforcement Sensitivity Theory Perspective: The Relation of Temperamental Variables and Social Deviance, Jaime Murtagh

Revisiting the Conceptualization of Impulsivity: Integrating Self-report and Laboratory Task Data, Karen Kelley

Examining Linear and Curvilinear Relationships among Religiosity, Spirituality, and Mental Health in Eight Countries, Niusha Karki

Friday, October 1, 2021
12:15 PM – 1:45 PM
(1.5 CE hours)

Understanding Suicide: Contemporary Suicide Practice through an Evidence-Based, Psychodynamic Framework

This presentation will provide participants with a linear, historical understanding of the progression of suicide theory and treatment, from early historical models and dynamic models to present contemporary leading models. By doing so, they will gain insight and depth into each element of current models as situated contextually and as a current endpoint representing years of development, understanding, and practice. By fully exploring the dynamic perspective on suicide, a richer and deeper understanding of the meaning of theoretical dimensions to contemporary models will be gained. This will encompass both a review of the research on dynamic treatment of suicide, including which aspects and approaches in particular are evidence-based and supported, as well as to clearly understand the extensive dynamic background from which core elements of contemporary, evidence-based integrated and non-dynamic suicide approaches are built.

Having developed a factual and conceptual understanding of the role of dynamic model of suicide both as a current, empirically-supported approach to treating suicide and as the primary theoretical perspective from which current approaches have been adapted, the presentation will then turn to a practice-based component. A series of vignettes will be presented, with a focus on those clients and situations for whom a more familiar approach may be inadequate, such as those ambivalent or guarded about suicide, those suicidal in the context of personality disorders and SPMI, and individuals with limited insight or perceived capacity to change. Practical intervention steps, supported by research and congruent with an integrated dynamic framework, will be provided, with examples given of the implementation and delivery of these, as well as possible alternatives. Ways of assessing progress on the main and secondary clinical goals will be provided.

Learning Objectives:

1. To be able to demonstrate a clear understanding of the historical and theoretical models of suicide that are integrated into contemporary models and practices
2. To be able to identify evidence-based aspects and dimensions of psychodynamic suicide practice, and familiarize themselves with research on the effectiveness and utility of dynamic theoretical and practical elements
3. To be able to demonstrate an improved conceptual and practical understanding of the key elements of suicide assessment and intervention in practice
4. To have an improved ability to integrate evidence-based elements of psychodynamic practice in an effective and manner to their existing practice of suicide assessment and intervention

Presenters: Michael Prazak, PhD

Michael Prazak, PhD is a staff psychologist at the Gulf Coast VHCS. He provides individual therapy, group therapy, and assessment in the outpatient mental health clinic. His primary area of training and expertise is in the area of SMI, with a focus on suicidality in particular. Research and clinical experiences leading to knowledge of evidenced-based care for suicidality will be shared in this presentation.